

'That my body is shameful, disgusting. I feel so wronged and hurt by their response' metroNEWS





Unlikely comedic turn for Nice Guys metroWEEKEND

Your essential daily news | weekend, may 20-23, 2016

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Enough.

I cannot think of any other workplace in this country in which we condone the infantile behaviour we see all too often in the House of Commons. Not even elementary schools put up with this kind of crap.









Steve Rennie Metro | Ottawa

Day in and day out our elected leaders make a mockery of democracy with the lack of respect they show each other when they resort to heckling, name-calling and - now - knocking and grabbing. It is embarrassing, and it is shameful.

Anyone who has the misfortune of following politics for a living could have told you tensions on Parliament Hill have been running high these past few weeks. Those tensions boiled over late Wednesday afternoon when Prime Minister Justin Trudeau took it upon himself to grab Conservative whip Gord Brown's arm and forcibly drag him through a crowd of New Democrat MPs, knocking into Ruth Ellen

Brosseau in the process.

I want to pause here to make an observation on what this altercation revealed to me about our prime minister's character. It takes a certain level of arrogance, and not a little narcissism, for Trudeau to decide that he would have to personally interject himself and literally drag Brown down the aisle when he saw the Opposition whip's path was being blocked. That he apparently told the New Democrat MPs to "get the f-k out of my way" suggests he saw them not as human beings, but as annoying obstacles standing in his way. These things do not reflect well on the leader of our country.

But this episode unfolded alltoo-predictably when the New Democrats and Conservatives once again overplayed the outrage card. We had the NDP's Niki Ashton calling the experience "deeply traumatic" and suggesting young female MPs might not feel safe coming to work. Conservative Jason Kenney piled on, characterizing Trudeau's conduct as "increasingly dictatorial" and calling him a bully. I am not defending Trudeau's actions. They were blockheaded and wildly inappropriate. And I am not discounting the range of emotions that MPs may have felt when the prime minister briskly strode across the aisle and grabbed Brown by the arm. But the opposition parties were laying it on ridiculously thick.

I wonder what was going through former prime minister Stephen Harper's mind as he watched the whole ugly scene unfold with a bemused look on his face? Critics used words like nasty, mean-spirited and vindictive to describe his Conservative government. Say what you will about Harper (and you could say

a lot of things, both good and bad), but he never would have pulled a dumb stunt like this.

Trudeau's Liberals won the last election in part because they realized people were sick of the pettiness and ugliness that we often saw during the Harper years. They promised us "sunny ways" and a more conciliatory approach. Here we are, not even a year in, and things are as bad as they ever were. There is no better time than now to have an adult conversation about doing something anything — to fix this broken way of doing politics. Trudeau was a schoolteacher in an earlier life. He ought to make this a teachable moment. Starting with himself.

PARLIAMENT **PROBLEMS** metroNEWS

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Your essential daily news

Terrorism suspected in plane crash that carried 66 people, including two Canadians. World



THINGS TO DO IN OTTAWA THIS WEEKEND

Horses, sheep and pigs — plus fireworks and an outdoor movie if you're not feeling our barnyard theme this weekend. HALEY RITCHIE METRO



Ottawa Dressage Festival (all weekend)

National Capital Dressage presents the Ottawa Dressage Festival this weekend at Wesley Clover Park. Horses and their riders will be dressed up and running through their tests all weekend, some trying to qualify for the Olympics in Brazil. Riders start between 8 a.m. and 9 a.m. and continues into the afternoon. There is no fee to enter, but bring your own chair.



Victoria Day (Sunday)

During the day on Sunday take the kids to the Museum of History for scrumptious scone-making lessons with The Scone Witch. Pre-registration is required for the 45-minute long workshops. Then in the evening head to Lansdowne Park for a "electric fireworks show" that will wrap up the Canadian Tulip Festival for the year. Tickets into TD Place are \$15 for adults and \$5 for youth. Gates open at 8 p.m. and fireworks will be from 9:15 p.m. to 9:45 p.m.



3 Shearing (all weekend)

Come by the Agriculture Museum Saturday or Sunday from 9:30 a.m. to 4:00 p.m. to learn about wool, shearing and sheep. There will be shearing demonstrations, sheepdogs, lambs, herding and alpacas. Kids can meet Little Bo Peep and everyone can learn about wool, from the sheep to the final products found in our homes. Festivities are included with museum admission (\$26 for families, \$10 for adults and \$7 kids age 3 – 12).



Day of the Pig (Sunday)

If you're up for a roadtrip Seed to Sausage is coming up on five years and hosting a Day of the Pig festival on Sunday to celebrate. Come for fun, food and friends: there will be pig roasts (of course), chefs, music, drinks and an artisan market. The store is located at 12821 HWY 38, Tichborne, about a 90-minute drive from downtown Ottawa. Things kick off at 11 a.m. on Sunday morning.



Festival de la Primavera (Friday/Saturday)

The ByWard Market is welcoming summer weather into the capital this weekend by inviting residents down for an outdoor screening of Grease in the Hudson's Bay plaza on George Street. The movie will start around sunset on Friday but come early to get a good seat and snacks. Bring your own chair or blanket, entry is free. Return the next day (Saturday) for dancers, face painters, stilt walkers and music.



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Tank-top tiff may go to court

HUMAN RIGHTS

Gym says that outfit was not as modest as woman claims



Lofaro Metro | Ottawa

Jenna Vecchio, the Ottawa woman whose gym told her that her breasts were too large for her tank top, says she is now exploring her legal op-

The trouble began last weekend when a female staff member at the Orleans Movati told Vecchio her outfit was making other gym-goers uncomfortable. She was told she

would have to wear a T-shirt the next time she worked out there.

Vecchio wrote about her experience on Facebook and posted a opinion and it's still est" as she photo of what she was wearing. That post quickly went

The episode has since garnered worldwide attention, with media outlets such as Cosmopolitan and the New York Daily News in the U.S. to The Mirror and The Independent in the U.K. picking up her story.

Movati says it looked into the matter and stands by its actions. The gym also raised questions about Vecchio's outfit that day.

"While it may not have been intentional, Ms. Vecchio's attire was not as modest as she has suggested via the images she shared recently on Facebook and through media interviews and caused multiple members to feel uncomfortable and voice their concerns to our staff," Movati said in a statement.

"Following Ms. Vecchio's own social-media postings on this matter, we conducted a thorough investigation which included first-hand accounts from members and other staff and a follow-up meeting with Jenna herself, who seemed to leave the facility feeling as though she had expressed her position. Upon conclusion of our interviews, we stand by the original decision that confirms that Ms. Vecchio was dressed inconsistently with our code of conduct."

Vecchio now says she plans to meet with an Ottawa human-rights lawyer in the next

However they say

that top looked on

me to them, it's

body shaming.

Jenna Vecchio

few days. She says she is further offended and humiliated by the gym's claim that her clothes were still their personal "not as modclaims.

"That my body is shameful, disgusting.

That my worth is less than other members at their gym. I feel so wronged and hurt by their response," she said.

She also disputes that she was wearing her tank top any differently than in her Facebook photo or a different article of clothing.

"It's the exact same top. And however they say that top looked on me to them, it's still their personal opinion and it's still body shaming. The top can't move very much on my body. It's formfitting. I'm not really sure how much different it could have looked."



Jenna Vecchio says she was wearing this same outfit to the gym last Saturday when Movati staff told her that her breasts were too large for the tank top. JOE LOFARO/METRO







Wildfire crosses into Sask.

FORT MCMURRAY

Official says no imminent danger to communities

The Fort McMurray wildfire that's been described as a beast has now spread into Saskatchewan, but officials say there's no imminent threat to any community.

The massive fire, which has grown to 5,000 square kilometres, has burned nearly eight square kilometres into Saskatchewan.

Emergency management commissioner Duane McKay said it is still about 30 kilometres away from La Loche, the nearest Saskatchewan community.

"La Loche is situated against a lake, there's old burns to the north as well, so we don't see a direct fire threat to La Loche," McKay said Thursday.

But he said people should keep in mind that the wildfire has been "completely unpredictable."

"It was anticipated to be in



The devastated neighbourhood of Abasand is shown in Fort McMurray, Alta., on May 13. JASON FRANSON/THE CANADIAN PRESS

Saskatchewan just over a week ago and it stalled out. It is now moving again, but weather forecasts are indicating that should slow," he said.

"We should see a shift in wind direction, which should mitigate the growth of that fire into Saskatchewan."

Fires near La Loche last year

mean there's less brush and trees to burn as the Fort Mc-Murray fires advance.

McKay said smoke is a big concern in La Loche. There's hope that winds from the east will help clear out some of the smoke.

La Loche resident Joe Graves, manager of the Northern pharmacy, says he's already noticed a difference.

"It's pretty good today. The wind has shifted," Graves said in a phone interview.

"Last night was brutal. Last night at about 6:30 it was pitch black. You couldn't see anything

Officials said there have been

It is now moving again, but weather forecasts are indicating that should slow.

Duane McKay

no evacuations.

The wind will also help Saskatchewan firefighting crews who have been working on the eastern flank of the blaze, said Steve Roberts, executive director of Saskatchewan wildfire management.

"It will also allow our crews access to the base of the fire in less smoky conditions, so we can engage the fire better," he said.

So because of those winds we don't expect a large or rapid ingress into Saskatchewan from this fire in the next 24, 36 hours."

A fire command team has been set up in La Loche and a cache of equipment and resources is being established in Buffalo Narrows, about 100 kilometres east of the village. THE CANADIAN PRESS

Domestic

abuse in spotlight

The Arab Community Centre of Toronto says that, on average, at least one Syrian woman a week is disclosing to them they are a victim of domestic violence.

"This is not something that is prevalent within this particular group, it is prevalent within all refugee and newcomer populations," Huda Bukhari, the centre's executive director, said Wednesday. "But because this particular group has come in all at once, then we see a lot more."

Close to \$1 billion in federal funds has been set aside for the Syrian refugee program, although a breakdown of how it's being spent hasn't been released. Most is being put towards settlement services, including providing for additional staff for the increased caseloads.

But helping families deal with and prevent abuse requires a specialized approach, Bukhari said Wednesday as she appealed to a House of Commons committee for funds targeted directly at the issue.

THE CANADIAN PRESS



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THE EVENTS LEADING **UP TO #ELBOWGATE**

PM Justin Trudeau walks to the opposition side of the House of Commons as NDP MPs attempt to stall Conservative whip Gord Brown from taking his seat for a vote.



Trudeau grabs Brown's arm and tries to pull him through the crowd.



While pulling Brown, the PM elbowed NDP MP Ruth Brosseau, who was standing behind him. Brosseau is seen wincing and falling over a nearby desk.





MP-grabbing, MP-elbowing incident is the culmination of a series of heated exchanges in the House of Commons. Here is what led to #elbowgate on Wednesday night.

APRIL 14: The Liberal government tabled the

long-awaited Bill C-14, the

assisted suicide legislation.

in the House of Commons.

Prime Minister Justin Trudeau's latest



MAY 4: Opposition MPs accused the Liberals of stomping on their rights, after the government shortens debate on the assisted dying bill to meet a Supreme Court of Canada deadline on June 6. The opposition argued for more debate time.

MAY 5: Conservative MP Blake Richards accused Prime Minister Trudeau of sticking out his tongue in the House of Commons during question period.
The alleged tongue thrust allegedly occurred following a fellow Conservative MP's question about infrastructure funding. So far, there's no footage of this ever happening.

MAY 18: Liberal House Leader Dominic LeBlanc tables "Motion 6," which would give the prime minister and cabinet power over parliamentary proceedings. Conservative House Leader Andrew Scheer called the move undemocratic.

MAY 19: It was decided that #elbowgate will be reviewed by an all-party committee. The Liberals also withdrew

MAY 4: During a press conference, the prime minister accused opposition members of stalling electoral reform.

But Trudeau apologized the next day, after Conservative MP Scott Reid said the story was "invented and patently false."

MAY 16: Opposition MPs surprised the Liberals with a vote on the government's Air Canada legislation. There were not enough Liberals in the house at the time of the vote (the NDP was expected to move motions on the bill, but then didn't), so the speaker had to break a tie. After it narrowly passed, some Liberals accused the opposition of pulling a "procedural stunt.'

MAY 18: NDP MPs stood in the path of Official Opposition whip Gord Brown before a time allocation vote on the assisted dying bill. An annoyed Trudeau walked across the room. grabbed Brown and walked him to his seat so the vote could proceed. In doing so, he elbowed NDP MP Ruth Ellen Brosseau, sending the House into an uproar. The prime minister crossed the floor, where he and NDP Leader Tom Mulcair engaged in a shouting match. MPs accused Trudeau of dropping an F-bomb. He later apologized three times.



The PM walks back to his side, as some applaud his



Appearing to be following Brosseau, Trudeau walks back to the opposition side, where he is met by an angry Thomas Mulcair.



Trudeau speaks to the MPs while Mulcair begins shouting and pointing at the



steps between Trudeau and Mulcair. The House is in an

PM contrite after Parliament scuffle

Motion 6 delayed after #elbowgate controversy

The morning after Prime Minister Justin Trudeau barged swearing into a knot of Opposition MPs, grabbing one and elbowing aside another to hurry up a vote, he made very public displays of personal contrition.

Trudeau appeared at an MPs prayer breakfast to read aloud a scripture of his choice, Romans 12, that counsels: don't think

you are better than you really are. Then the prime minister delivered an abject apology in the House of Commons.

The prime minister said he would willingly accept a committee's decision on his behaviour. But he was non-committal faced with Opposition fury and calls for him to withdraw a controversial and provocative motion that was the backdrop of the Wednesday night scuffle. Known as Motion 6, it would have given the Liberal government unilateral control over the parliamentary agenda as it scrambles to push through

Trudeau's longtime friend and House leader Dominic Leblanc withdrew the motion he'd insisted was necessary just the day before. Leblanc offered to cooperate with the Opposition to extend debate time so all MPs could speak to the assisted death bill, and said the government still wanted to try to meet the June 6 deadline imposed by the Supreme Court of Canada.

However, it was clear after the Commons wasted nearly four days in procedural wrangling, dust-ups, insults and apologies, that Parliament is unlikely to meet the deadline to legislate in response to the high court's Carter v. Canada decision that decriminalizes physician-assisted death for competent adults.

Government whip Andrew Leslie said late Thursday the Commons will not deal with the assisted dying bill until after next week's scheduled parliamentary break. As it stands, the government won the vote, after the scuffle, to allot only two more days of debate to the bill before it goes to the Senate.

Trudeau's behavior left Opposition members with a bitter taste. Conservatives and NDP MPs suggested Trudeau was "bullying" and had an anger-control problem. Conservative whip Gord Brown said he told the prime minister "he should NOT have gotten out of his seat."

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Terror suspected in crash

Plane vanished from radar at 2:45 a.m., officials say

An EgyptAir jetliner en route from Paris to Cairo with 66 people aboard swerved wildly in flight and crashed in the Mediterranean Sea early Thursday, authorities said.

The Canadian government says two Canadian citizens were among the passengers. Foreign Affairs Minister Stephane Dion says officials are working closely with authorities to confirm whether there were any additional Canadians on board.

Egyptian and Russian officials said it may have been brought down by terrorists.

There were no signs of sur-

EgyptAir Flight 804, an Airbus A320 with 56 passengers and 10 crew members, went down about halfway between the Greek island of Crete and Egypt's coastline, or around 175 miles offshore, after takeoff from Charles de Gaulle Air-



Relatives of passengers on an EgyptAir flight that crashed grieve as they leave the in-flight service building where they were held at Cairo International Airport, Egypt. Aviation officials say a search is underway for the plane's debris. THE ASSOCIATED PRESS

port, authorities said.

Greek Defence Minister Panos Kammenos said the plane spun all the way around and suddenly lost altitude just before vanishing from radar screens around 2:45 a.m. Cairo time (12:45 a.m.

He said it made a 90-degree

left turn, then a full 360-degree turn to the right, plummeting from 38,000 to 15,000 feet. It disappeared at about 10,000 feet, he said. There were no reports of stormy weather at the time.

Egyptian and Greek authorities in ships and planes searched the suspected crash area throughout the day for traces of the airliner or its victims, with more help on the way from the U.S., Britain and France.

But as night fell, they had yet to find any confirmed debris, at one point dismissing a reported sighting of life vests and other floating material.

CANADIANS

Two Canadians were aboard Flight MS804E, according to Foreign Affairs Minister Stéphane Dion said in a statement.

"On behalf of the Government of Canada and all Canadians, our thoughts are with the families and loved ones of the victims," Dion wrote the statement.

The airline earlier said that Marwa Hamdy was the lone Canadian on board. TORSTAR NEWS SERVICE

Civil Aviation Minister Sherif Fathi cautioned that the disaster was still under investigation but said the possibility it was a terror attack "is higher than the possibility of having a technical failure.

There was no immediate claim from militants that they had downed the plane. If it was terrorism, it would be the second deadly attack involving Egypt's aviation industry in seven months.

THE ASSOCIATED PRESS

FLIGHT 804

Trump quick to react

Donald Trump was quick to brand the crash of an EgyptAir flight as "terrorism," while the airline urged the media to refrain from speculating about the cause of the crash.

"Looks like yet another terrorist attack," Trump tweeted early Thursday morning. "Airplane departed from Paris. When will we get tough, smart and vigilant? Great hate and sickness!"

At the time Trump's comments were tweeted out, there had not been any evidence presented that Flight 804 had been targeted by terrorists.

The flight was heading from Paris to Cairo with 66 passengers and vanished after entering Egyptian airspace.

The crash received blanket coverage in France, where terrorism is a sensitive topic.

French media reported that the country's president, Francois Hollande, held an emergency meeting on Thursday.

TORSTAR NEWS SERVICE



DECODED International Space Station

HAPPY 100,000 ORBITS, ISS!

It's too many candles to fit on a cake, but the International Space Station has reached a cosmic milestone: On May 16, it marked **100,000 trips around the sun** since its launch in November 1998. The 16-country, \$100-billion collaborative science lab in the sky is a feat of modern science and engineering. But how much do you know about the International Space Station? Test your knowledge.



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It's drunk by one of your crew-mates (purified, of course!). Canadians use 250 L of water each per day on Earth, but astronauts scrimp, taking sponge baths and using a toilet that flushes with air. 93% of water onboard the ISS is recycled using a high-tech spinning distiller. That includes astronauts' sweat and the bodly waste of the station's large colony of lab mice. Yummy!

FINDINGS

Your week in science

RETRO SOUND

Age jam band.



HOLY HEALTHY

The secret to whole-body health may be in your knees. In a study of 74,000 American female nurses in JAMA Internal Medicine, those who attended religious services more than once per week were 33 per cent less likely to die during the 16-year followup period. Devotion may be linked to less smoking, social support and a sunny outlook.

SNEAKY ZIKA

The Zika virus blocks the action of defender proteins called interferons, which stop viruses from making copies of themselves. That leaves Zika free to multiply, wreaking havoc on developing brains.





DEFINITION

Albedo is a measure of how much light a surface reflects. Usually, it's the fraction of shortwave radiation (a.k.a., sunlight) that is reflected from the Earth's surface back up into space.

USE IT IN A SENTENCE

Luis's bald spot must have an extremely high albedo. It's reflecting almost 100 per cent of the light that hits it. It's blinding me!



Philosopher cat now at

CITIZEN SCIENTIST by Genna Buck

Is allergy research unethical?



metr#

UBC researchers fed allergic children peanuts in part to let parents practice using an Epi-Pen. Isn't that dangerous? Heather, Vancouver

What you're describing is a food challenge — when, under a doctor or researcher's supervision, someone who has (or may have) an allergy is given a dose of the thing they're allergic to.

Researchers such as pediatric immunologist Mimi Tang, whom I spoke to last year, use challenges

in clinical trials like the one she did to test an experimental treatment for peanut allergy.

All the children in the study were allergic to peanuts. Half were randomized to get the treatment, half a placebo. All were challenged with peanut protein. Allergic reactions, including potentially life-threatening anaphylaxis, were an expected outcome for many. It was a success: Almost all the children who got the therapy stopped being allergic. Still, it

seems risky. I asked Tang: Aren't you playing with fire here?

"I'd like to play devil's advocate," she said. "Is it ethical to spend millions of dollars and the time of the people who are part of the study, to come out with a result that's not definitive?"

Food challenges are generally safe, she said, and like all research using human subjects, ethical approval is required. Nevertheless, they cause understandable anxiety for parents.

And there's always more room

Science Question? Tweet @genna_buck

for ethical analysis in any field.

According to a 2013 article in

Allergy, Asthma, and Clinical

Immunology, there are a "min-

iscule number" of ethics papers

about allergy research. When I

spoke to Tang in early 2015, she

was working on a paper with a

group of experts from the World

Allergy Organization about ethics in children's allergy research

work that's been abandoned.

COMING SOON (TO

SPACE) IN NOV. 2018

David Saint-Jacques will be

the eighth Canadian to board the International Space Station,

for a six-month mission. Saint-Jacques is an engineer, medical doctor **and** Ph.D. astrophysicist. You'll need a pedigree like that if your dream is to be an astronaut

unless you have north of

\$35M US, which Canada's one

and only space tourist, Cirque

reportedly paid to visit the ISS

du Soleil CEO Guy Laliberté,

for 10 days in 2009.

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MOVIES MUSIC TELEVISION DIGITAL

Find out why they're so angry

Those annoyed avians feel betrayed by their frenemies

Richard Crouse



Are you among the 200 million people that play Angry Birds on your smartphone? If so you're in good company.

Ångelina Jolie, Jack Black and Jon Hamm are fans and British Prime Minister David Cameron has admitted to being "mildly addicted" to the game. Since December 2009, folks have been flinging flocks of birds at pig's fortresses, downloading more than 3 billion versions of the

app.
This weekend the Angry Birds game takes the next logical step, catapulting onto the big screen with their very own movie.

Jason Sudeikis, Josh Gad and Maya Rudolph star in The Angry Birds Movie, a story that tells us why the annoyed avians — like flock leader Red Bird, Bomb the Black Bird and Slingshot Stella the Cockatoo — are so angry.

Turns out they feel betrayed by the tittering piggies that pretend to be their friends but are really only interested in stealing their eggs. Cue the catapults and



Jason Sudeikis, who voices Red, is among the actors lending their vocal talents to The Angry Birds Movie. SONY PICTURES VIA AP

mountains of TNT.

It's a brand with a builtin audience, a combination Hollywood finds irresistible, and while it has colourful, easily marketed characters, the game itself doesn't offer much in the way of story. But that has never stopped producers before.

Remember Super Mario Bros? Siskel & Ebert gave that one two thumbs down and star Bob Hoskins, who played Mario, called it "the worst thing I ever did."

Despite brutal reviews and box office failure, Nintendo Power magazine praised the film, calling it a trailblazer in the genre of videogame

Which leads us, 23 years after Mario and his brother Luigi stunk up movie theatres, to The Angry Birds Movie. Why is a game from a developer in Espoo, just outside Helsinki, Finland, popular enough to take flight as its own movie?

The success of Angry Birds

MOVIE RATINGS by Richard Crouse

The Nice Guys Angry Birds High-Rise The Man Who Knew Infinity **Dark Horse**

has to do with something called schema formation, a five-dollar term for mentally grasping and embedding how the game's interface works the first time you play it.

The addictive part comes in as the action of the game changes. In Play at Work, engineer Charles L. Mauro explains the appeal.

WORTHWHILE

"These little birds are

packed with clever behaviours that expand the user's mental model at just the point when game-level complexity is increased."

The game's genius is in adding playing details at just the right moment to increase user engagement.

In other words, it's fun. I guess that's why gamers spend 200 million minutes a day flinging Angry Birds at various targets.

According to marketers AYTM, that's "equal to 16 years of gameplay every hour of every day." They also note that players have flung over 100 billion angry birds, a number equal to the amount of real birds on the planet. Those are the kind of statistics Hollywood can't ignore.

One person unlikely to pass the time with Angry Birds is U.S. communications surveillance whistleblower Edward Snowden. In 2014 he claimed the app was "leaky," and was vulnerable to the harvesting of information by outside groups.

Mikael Hed, CEO of Rovio Entertainment, the makers of Angry Birds, denied Snowden's claims.

"We do not collaborate, collude, or share data with spy agencies anywhere in the world," he said, which must have come as a relief to another of the game's biggest fans, former Vice President of the United States Dick Cheney, who, apparently, also enjoys hurling a bird or two in his spare time.



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Crowe and Gosling nothing but Nice Guys

Stars have an unlikely chemistry in **Cannes comedy**

The world got its first look at a hot new comedy duo last weekend in the unlikely teaming of actors Ryan Gosling and Russell Crowe at the Cannes Film Festival.

London, Ont.-born Gosling, 35, and New Zealander Crowe, 52, are both best known as dramatic actors, having come to Cannes previously in such serious films as Drive (Gosling) and L.A. Confidential (Crowe).

But they had an international press audience howling twice Sunday, first at the world premiere screening of their buddy comedy The Nice Guys and again later at the press conference. (The film opens soon worldwide, with a May 20 release set for North American theatres.)

Gosling's March Holland and Crowe's Jackson Healy are reluctant partners in the hunt for a missing girl in the movie, which is set in the disco-mad,

dangerous and decaying Los Angeles of 1977 — the opening frames show the Hollywood sign falling apart.

Holland is a stumbling private detective and Healy is "a debt collector with aspirations," as Crowe described his role.

Whatever you call them, the two are great as a comedy duo, bantering, bickering and crashing through windows as if they've been schticking for years, although it's their first movie together.

Before the questions began, Crowe pretended to be a paparazzi photographer, snapping photos of Gosling and Angourie Rice, who pretended to be angry at Crowe's invasion of their privacy. Gosling and Crowe riffed about how they didn't really make The Nice Guys together. They said new digital cameras have a "chemistry" feature that writer/director Shane Black just clicked to make the magic hap-

"We have absolutely no connection whatsoever," Crowe said mischievously.

"Russell did all of his work from New Zealand!" Gosling interrupted.

"I was literally just on the phone!" Crowe agreed.

But seriously, folks, the two really do click together on screen. Black quoted something Crowe told him during the filming.

"Russell gave the best explanation I've ever heard when he says, 'Chemistry? It's really quite simple. We just learned to listen to each other."

Black certainly knows chemistry, having written the first Lethal Weapon film that brought Mel Gibson and Danny Glover together, and having written and directed Kiss Kiss Bang Bang, which memorably teamed Robert Downey Jr. and Val Kilmer.

Black is also willing to trust his actors to ad lib, if they choose to — and Gosling and Crowe took full advantage of that freedom. Said Crowe: "The great thing about Shane as a director is that although he took many years to write the script, he's not precious about it. .

"He has the ability — and not everybody does — to just trust in the fact that we understand the spirit of what he intended. .. Shane is willing and enthusiastic about letting us explore things a little bit.

TORSTAR NEWS SERVICE



In The Nice Guys Russell Crowe is a debt collector 'with aspirations' and Ryan Gosling is a stumbling private detective. CONTRIBUTED







A CHEAP VACATION IN THE BIG CITY

LOS ANGELES

In a city known for excess, you can still be budget-friendly

Loren **Christie** For Metro Canada

Don't let images of glitz and glamour fool you — Los Angeles offers numerous activities for those on a budget.

Keep your head down as you walk the Hollywood Walk of Fame searching for the names of your favourite celebrities emblazoned on one of the more than 2,500 five-pointed terrazzo and brass stars embedded into the sidewalks along Hollywood Boulevard and Vine Street.

Make sure to stop at the TCL Chinese Theater at 6925 Hollywood Blvd. The courtyard in front of the entrance is set with concrete blocks, which bear the hand and foot imprints and signatures of a select number of tive vibe of Venice Beach. Hollywood A-listers.

Bike along the beaches. Rent a bike from the Santa Monica Bike Center for less than \$30 a day if you present them with the discount promotion on Yelp. There are 70 kilometres of beaches to explore, starting from the Santa Monica Pier and heading south. Gawk at the hard bodies working out at Muscle Beach, watch surfers and skateboarders do their thing against the backdrop of the Californian coast and drink in the alterna-

Perched on a hill overlooking the city, the Getty Center is not only an incredible art museum, but an architectural marvel and garden oasis.

Built from the fortune of oil magnate and art connoisseur J. Paul Getty, the Center is worth a half-day visit. The one-hour highlights collection tour was the best art tour I have ever been on. The docent was knowledgeable and passionate, bringing to life the stories behind works of art from Rubens, Rembrandt, Manet and Van Gogh's Irises. Admission to the Getty is free.

Entrance to the Griffith Observatory is also free. A wellknown Hollywood landmark since its movie debut in James Dean's Rebel Without a Cause, the observatory is worth a peek inside but the real draw is hiking the hills of surrounding Griffith Park. Bring water and snacks as you drink in superb views of the city and search out the perfect spot for a selfie with the iconic Hollywood sign.

Los Angeles is a sprawling city with limited public transportation and expensive taxis that are sometimes difficult to come by.

If you haven't downloaded Uber on your phone do it before you descend on the City of Angels.

The drivers are prompt and courteous and the fares are extremely reasonable. Every driver I had was eager to chat and provide tips on what to do, including some of the aforementioned free attractions.



... OR A TREK IN THE GREAT OUTDOORS

YOSEMITE

Who needs a gym when you have a national park to play in?

Kathy **Buckworth** For Metro Canada

When I looked at my itinerary for California it made me a little anxious. While we would be visiting Yosemite National Park and enjoying all it had to offer, we were staying in a series of remote cabins. Cabins that didn't include a fitness centre, and outdoor terrain that didn't include a running track. How on earth was I going to get my gym fitness fix in a setting like this? I needn't have worried. I got active, in the most natural way.

Hiking: Climbing to an elevation of 8,200 feet, and gazing out over Sentinel Dome onto Yosemite Falls, makes it more than worthwhile for the five miles of hiking a trail that alternates between muddy branchfilled trails, and spring snow. Over four million visitors to Yosemite National Park can't be wrong. The toughest stair climber I've been on.

Biking: Spin class has nothing on taking a bike through Yosemite down 12 miles of paved trails. There are hills to cycle, waterfalls to ride by, and heart-stopping glimpses of climbers on the sheer rock face of El Capitan.

Fly Fishing: Fly fishing appears



A hiking trip in Yosemite will take you along tree-filled paths. KATHY BUCKWORTH

to be a Zen and relaxing experience. This might be true if you are an experienced fisherman. But for me, hauling on hip waders and stepping into the Stanislaus River with its strong current, I found some new muscles.

The ones that stopped my boots from slipping on the river rocks, triceps and forearm as I repeatedly flicked the line into the water, and the quick dodging while trying to avoid shooting my (actual) fly and its associated hook into my face. I'm just as stressed out at yoga,

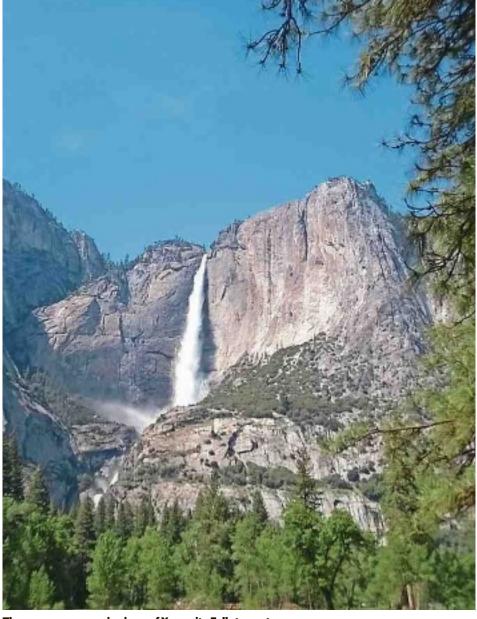
Hill Running: At a 4,000-foot elevation, my breath was not only taken away by the gorgeous

scenery at Evergreen Lodge but going for a hill run down and around the paths had me gasping for air long before I'd have felt it on the treadmill in my climate-controlled gym.

Kayaking: A real-life rowing machine. We paddled out from Pier 40 and kayaked under the Bay Bridge, and then back around AT&T Park in San Francisco Bay. Arm workout? My muscles say

It was with some relief that I finished off at the Westin St. Francis in San Francisco, where I welcomed the relative ease of a 5k treadmill run. Fit it all in.

Kathy visited Tuolumne County, Mariposa County and San Francisco.



There are many scenic views of Yosemite Falls to capture. KATHY BUCKWORTH

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SHIPS THAT HAD PEOPLE TALKING

Over the last few decades, a whole line-up of supersized ships have handed down the title of "world's largest passenger liner," due to be taken in 2016 by the Harmony of the Seas. As this latest floating giant prepares for its inaugural cruise June 5 to 7, here's a look at some of history's biggest and most legendary passenger liners. AFP TEXT AND IMAGES

Titanic



This enormous ocean liner is one of history's most famous passenger ships. The subject of numerous documentaries and blow-by-blow reconstructions, the Titanic met a tragic end after colliding with an iceberg in the North Atlantic during the night of April 14, 1912, leading to its total submersion.

Dimensions: 269 metres long, 28 meters wide

Company: White Star Line

Passenger capacity: 3,503 people (905 in first class, 564 in second class, 1134 in third class and 885 crew)

Did you know? The Titanic set sail loaded with 40 tons of potatoes, 34,000 kg of meat, 6,819 litres of milk, 36,000 oranges and 20,000 bottles of beer.



SS France

Following in the footsteps of the SS Normandy, this French ocean liner was the world's biggest passenger liner in the early 1960s. After a career mainly spent carrying passengers between Europe and the USA, and with a few round-the-world



trips to its name, SS France was bought by a Saudi Arabian businessman and re-registered in Norway.

Dimensions: 315.7 metres long

Company: Compagnie Générale Transatlantique (at launch)

Passenger capacity: 2,032 people

Did you know? Before its sale in 1977, several ideas were floated for the vessel. Proposals included turning the liner into a retirement home or a floating hospital off the coast of Lebanon.



Queen Mary

As well as holding the title of world's largest passenger liner for three years, the Queen Mary was also the world's fastest ocean liner for 14 years straight. Plenty of famous people stepped aboard the ship during its years of service, including Winston Churchill. After setting sail on its maiden voyage May 27, 1936, RMS Queen Mary — nicknamed "Old Mary" — traveled the globe as a troopship during the Second World War. The liner later regained its original function as a cruise ship before retiring in 1967. The Queen Mary has now been turned into a hotel and restaurant based in Long Beach harbor in California, USA.

Dimensions: 310.74 metres long

Company: Cunard Line

Passenger capacity: 2,139 people

Did you know? Legend has it that the Queen Mary is haunted by the ghosts of former passengers. Today's guests can take a tour of the corridors at night to try to catch sight of the spooks.

Harmony of the Seas



After being tested at sea in March from the French port of Saint-Nazaire, MS Harmony of the Seas sets sail on its maiden voyage May 29. This new super ship delivered this past week to Royal Caribbean beats all kinds of records with its 66-metre width, 16 decks, 22-knot cruising speed and 24 lifts.

Dimensions: 362 metres

Company: Royal Caribbean Cruise Line Passenger capacity: 6,410 people

Did you know? Although barely even out of the shipyard, Harmony of the Seas is due to be knocked off the top spot in 2018, when the Oasis 4 takes over as the world's largest passenger ship.

Oasis of the Seas

In 2009, Royal Caribbean set out to steal the title of world's largest passenger liner - held at the time by the Queen Mary 2 with the Oasis of the Seas. It was innovative for its wealth of onboard activities, giving rise to dis-



tinct neighborhoods onboard the vessel.

Dimensions: 362 metres long

Company: Royal Caribbean Cruise Line

Passenger capacity: 5,400 people

Did you know? This liner brought an environmentally conscious slant to the cruise ship sector with a system for recycling used water. Its successors are likely to green ideas even further.

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metr#TRAVEL Weekend, May 20-23, 2016

Cottage life made easier



It may be fun the first few days, but paddling around the lake can get boring. Theme nights will help time fly during your family vacation. ISTOCK

VACATION

How to keep the family occupied all summer long

Renting a house or cottage for a week or so with extended family or friends is an economical way to vacation while offering quality time with loved

It's easy to fill your days with swimming, hikes, shopping and trips to local attractions, but there are also ways to have fun at home with themed game nights, dinners and parties.

Kristin Zerkle, 45, of Columbus, Ohio, said her family tries to involve all ages. Her parents have been vacationing with their six children in Hil-

ton Head, South Carolina, for about 35 years. The group now includes 25 extended family members sharing one house.

Faced with dining out with a dozen or so small children, at-home theme nights became a more appealing alternative. Her family has had a luau, pirate night, Mexican fiesta and an Ohio State tailgate, where everyone would wear their Buckeye gear.

"Time has gone on and the challenges of having all those people together on a vacation change," Zerkle said, adding that themes had to evolve to appeal to kids as they grew up. The family's younger generation now ranges in age from 7 to 26, while her parents are in their 70s. "As the kids have gotten older we have tried to make it a little more adult. We've really stepped up our

Her family last year marked her sister and brother-in-law's 25th anniversary with a wedding reception. They decorated with wedding bells and put inflatable swans and lanterns in the pool.

Her brother put together a playlist for the "White Wedding" theme night that included songs played at the couple's wedding reception in 1990. Zerkle brought a veil and T-shirts that looked like a wedding gown and tuxedo for the couple to wear. There was a toast and a first dance.

An earlier neon-themed dance party included decorating T-shirts, glow necklaces and black lights. Zerkle said involving everyone possible in the prep, planning and execution makes the theme nights

"The kids want to know way ahead of time what the theme is going to be. It's turned into something we talk about months in advance and the

kids love planning it," she said. Laura Crisp, 52, of Canal Winchester, Ohio, said her family began having a theme party as a way to celebrate her now 10-year-old nephew's birthday, which falls during their beach house vacations every other year in Holden

Beach, North Carolina. Their five families with 19 people share a house. Her nephew chooses the theme and they decorate the house to match. They've had pirates, superheroes and Hawaiian

"It's just a good opportunity to decorate a house for a week with papery, fun, silly things," she said.

The adults plan games according to the theme and ages of the children, including scavenger hunts divided by age. The experience has helped them grow closer, she said.

"I just don't think you would do that silly stuff in your own house. Somehow, when you are on vacation it gives you more permission to loosen up and have that kind of fun," she said. THE ASSOCIATED PRESS

THEME NIGHTS

Here are a few ideas to keep everyone having fun:

- Beach Olympics: A flipflop toss, water balloon toss and using a seashell to fill cups with water. Winners get plastic med-
- Neon night: Decorate Tshirts with neon paint and bring glow necklaces and bracelets. A black light adds to a dance party.
- Pirate "pub" crawl: Hand out bandanas with a Jolly Roger pattern and souvenir cups. Turn each room of the house into a different "pub" serving kids' beverages.
- "Parched Games": A take on the Hunger Games series, a water balloon and squirt gun battle with the goal of capturing a hidden pirate flag without getting wet.
- Luau: Pack a floral shirt, wear plastic flower garlands and play ukulele
- Tailgate party: Dress in your favourite team's colours and serve tailgate
- Iron Chef: Form teams and provide simple ingredients for a cook-off. The best dish wins.
- · Wii bowling tournament: Bring your Wii, give out T-shirts in team colours and serve bowling alley food.

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THE ASSOCIATED PRESS

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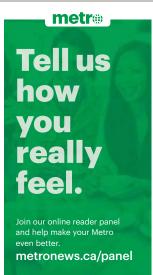
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MELIESPOR

Presumed No. 1 NHL pick Auston Matthews scored in regulation and the shootout in Team USA's 2-1 win over Czech Republic at the worlds

Brothers, at arm's length

RAPT RS ROUND 3 STORYLINES

Canadian duo Thompson and Joseph cut ties as they tussle

Cory Joseph and Tristan Thompson formed a close friendship over a decade of playing together. But friendships don't exist on the Eastern Conference final court.

The two Canadians have put all communication on hold until the Toronto Raptors' conference final against Cleveland is finished.

"Right now he's the enemy," Thompson said earlier this week. "Ain't going to be too much brotherly love. We know we have to go at it."

Round 1 went to Thompson's Cavs, who clobbered Toronto 115-84 on Tuesday. Game 2 was Thursday night at Quicken Loans Arena.



together in Nevada, and then moved on to the University of Texas. The longtime friends talk regularly, about their games, about their families. They last spoke right before the Raptors beat Miami in Game 7. Then all communication "went to garbage," Joseph said.

"I don't think I will be texting Cory for about week or so. Still love him though," Thompson said

Joseph's response: Tristan who? "No communication at all. I don't even know who Tristan is at this point," said the Raptors backup point guard.

Both agree these are heady days for Canadian basketball. The Raptors are one of just four NBA teams still playing, reaching the conference final for the first time in franchise history. And Joseph, from Pickering, Ont., and Thompson, from Brampton, Ont., play key roles on their respective teams.

"For Canada it's huge,"

Thompson said.
"Basketball has definitely grown a lot, so for the Raptors to be able to make it to the Eastern Conference finals it popularizes the game more, people

Cory Joseph and Tristan Thompson at Texas together. GETTY IMAGES



Canadian Tristan Thompson climbs above the Raps' Bismack Biyombo in a dominant Game 1 victory for the Cleveland Cavaliers on Tuesday night. THE ASSOCIATED PRESS FILE

are starting to pay attention and want to watch.

"It's great for Toronto and the country as a whole."

Joseph and Thompson are part of Canada's basketball youth movement that grew up on a steady diet of high-flying Vince Carter highlights.

"Now it's going to be De-Mar DeRozan, Kyle Lowry, Tristan Thompson, Andrew Wiggins," said Raptors coach Dwane Casey. "I'm happy to be a part of seeing the growth of basketball in Canada.

"No disrespect to hockey, but it's always been hockey for young kids growing up, and now you see guys on the playground playing hoops, and being a purist, that's been great to see. So a kid like Tristan being successful, a kid like Wiggins being successful, our guy Cory Joseph being successful, it's unbelievable for the growth and the continuation of the growth of basketball in Canada." THE CANADIAN PRESS



Go to metronews.ca for coverage of Game 2.

GOLF

Mickelson fined over insider trades

Phil Mickelson has agreed to forfeit nearly \$1 million that the Securities and Exchange Commission said was unfairly earned on a tip from an insider trading scheme conducted by a former corporate director and a professional gambler.

Federal prosecutors announced criminal charges Thursday against a gambler named William Walters and a former director of Dean Foods, Thomas Davis, alleging that the pair used inside information

about the company to make millions of dollars in illicit stock trades between 2008 and 2012.

In 2012, the SEC says, Walters called Mickelson, who owed him money, and urged him to trade Dean Foods stock. Mickelson did so the next day and made a profit of \$931,000.

"Simply put, Mickelson made money that wasn't his to make," Andrew Ceresney, head of the SEC's Enforcement Division, said. THE ASSOCIATED PRESS

IN BRIEF

Muirfield sanctioned over no-women members vote

Muirfield will no longer be used as a host venue of the British Open after the Scottish club voted against admitting women as members. The Honourable Company of Edinburgh Golfers announced its decision to retain the club's maleonly policy Thursday. The Royal and Ancient, which run the British Open, said Muirfield would no longer be considered as host. THE ASSOCIATED PRESS

WORLD HOCKEY CHAMPIONSHIPS

Canada beat Swedes to get back on track

Canada kept its title defence alive at the world hockey championship with a 6-0 quarterfinal win over Sweden.

Mark Scheifele and Mark Stone each had a goal and two assists as the Canadians rebounded from a 4-0 shutout loss in their round-robin finale against Finland on Tuesday.

The Canadians, who finished second in Group B with a 6-1 record, got back to their winning ways against the Swedes, who had finished third in Group A.

Canada will face the United States in Saturday's semifinals.

Matt Dumba, Brad Marchand, Max Domi and Derick Brassard also scored for Canada, while Cam Talbot made 24 saves for his tournament-leading third shutout.

In earlier action on Thursday, Finland dispatched Denmark by a score of 5-1. In the late game in Moscow, Russia got two goals from Vadim Shipachyov in a 4-1 victory over Germany. THE CANADIAN PRESS

Penguins all about

pressure

Few NHL teams have the quickness, speed, skill and depth to overwhelm the Tampa Bay Lightning, which the Pittsburgh Penguins have done through three games of the Eastern Conference finals.

Sidney Crosby, Evgeni Malkin and a talented supporting cast that includes the sizzling line of Phil Kessel, Carl Hagelin and Nick Bonino have outplayed the speedy Lightning for significant stretches of each game to gain a 2-1 lead in the best-of-seven matchup.

"When you're playing such good teams at this point, you know you can't afford to look past the game in front of you," said Crosby, who's scored the past two games after going eight straight without a goal.

Malkin assisted on Crosby's power-play goal that proved to be the winner in Game 3 on Wednesday night, Malkin's first point since Game 2 of Pittsburgh's second-round victory over Washington. While the Penguins' biggest stars were trying to get back on track, Kessel, Hagelin and Bonino heated up at precisely the right time.

"You don't win consistently without (depth). That line's been great all playoffs long," Crosby said. "You look at the way Phil's playing ... he creates so much. Haggy's got a ton of speed. And Bones is a really smart player. He works really well with those two guys. They've given us a lot of momentum."

Tampa Bay coach Jon Cooper acknowledged the line has been tough matchup. "You look at their team, Phil Kessel probably doesn't get near the respect he deserves. I mean, he's scored a ton of goals in this league. Bonino's kind of one of those underrated players. They get overshadowed by the big name guys," Cooper said.



Crosby's Penguins are on top form. THE ASSOCIATED PRESS

RECIPE Easy Shrimp Tacos



Ceri Marsh & Laura Keogh For Metro Canada

Kick off your weekend with tacos! The crema topping makes this simple recipe feel extra special.

Ready in

Prep time: 10 mintues Cook time: 20 mintues

Ingredients

- 1 lb peeled, deveined shrimp
- •1 Tbsp olive oil
- · 3 cloves of garlic, minced •1tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas • 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream • 2 Tbsp lime juice
- · A good pinch of salt
- · Sliced radishes, avocado

Directions

1. Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and shrimp. Refrigerate for 15 minutes. Preheat oven 200 degrees. Wrap tortillas in damp paper towel, place in oven.

- 2. Slice the cabbage and pull into strands. Toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. Set aside. In a bowl, mix sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema. Set aside
- 3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you can see pink come up around the edge. Flip them over and cook until shrimp are pink and opaque. Repeat with second batch.
- 4. Place shrimp, crema, tortillas, cilantro, salsa, radishes and avocado on the table and let people build their own tacos.

FOR MORE MEAL IDEAS VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

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1. Untagged, like a base ball player: 2 wds 7. Newfoundland's nickname 2 wds 14. Cleansing 16. Danish cheese 17. 1898... "O Sole Mio": Composer, _ di Capua - Lyrics, Giovanni Capurro 18. Get tangled 19. 'Great' suffix 20. 'Murdered' mythologically 22.As well 23. Mil. rank 25.British band, when doubled 27. Blackboards bldg. 29. Bankruptcy 31. Nigel Lythgoe's show, commonly 36. Ontario town between Sault Ste. Marie and Sudbury 39. Documentar ian Michael 40. Singer Ms. Coolidge 41. Pompous 43. Penitent person 44. Prefix to 'violet' 46. Tragically Hip's "Courage (for Hugh _)" 48. Fredericton-born soprano Ms. Brueggergosman 50. D'Urbervilles 51 Baseball execs 52. Parsley bit

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1. Undecided 2. Hosiery shade 3. Tomato-topped toasted appetizer

4. Audibly amazed 5. Knight's title

...his initials-sharers 10.__campaign (Sought polit-

co-creator

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9. Pearl Jam frontman

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12. Middles, mini-ly 13. Li'l metric weight 15. Star of "The Fly", Jeff

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21. 1992 R.E.M. album: for the People' 24. 'Green Chair'

Canadian banks commonly 26. 'Pseudo' suffix 27. Play guitar in a way 28. South American country 30. Take in the takeout 32. Natalie Imbruglia hit 33. What the Canadian actor at #38-Down's last name means: 2 wds. 34. Coffee go-with 35. Actress Laura's 37. Viral outbreak in 2002/2003 headlines 38. New action comedy starring Ryan Gosling, "The " (2016) 42. 2015-retired late night host ...his initials-sharers 45. Understanding utterances 47. Ouest's opposite 49. Cooks splash protectors 53. Pays a landlord 55. "I haven't _ ." (Duh) 56. Invitation letters 57. Wing-like 58. Alberta village southeast of Calgary 59. _ and Span (Household cleanser) 61. Sales jobs, commonly

63. Stockholm,

den!"

68. Prune

64. "This _ _ sud-

66. Encl. to an editor

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

54. Identify

60. Happen again

62. Mozart opera,

56. Slams

Aries March 21 - April 20 Your daily pace will accelerate in the next four weeks. Expect a busy schedule with short trips, errands, conversations with everyone plus increased reading, writing and studying.

Taurus April 21 - May 21 You are the financial wizard of the zodiac; in the next month, you will focus on your finances more than usual. Perhaps you'll see ways to boost your income.

I Gemini May 22 - June 21 Today the Sun moves into your sign to stay for the next four weeks. boosting your energy and attracting people and favorable circumstances to you. Happy birthday month!

Cancer June 22 - July 23 Lie low for the next month and plan what you want your new year (birthday to birthday) to be all about. Plan some goals with deadlines

Leo July 24 - Aug. 23 In the month ahead, you are in for a popular stretch! Enjoy warm friendships. Join clubs, groups and associations, because interaction with others will benefit you.

Virgo Aug. 24 - Sept. 23 You will look fabulous in the eyes of others in the next four weeks, even if you don't do anything special. Take advantage of this time to promote your pet project.

Libra Sept. 24 - Oct. 23 Travel if you can in the next four weeks because you want to get outta Dodge. If you can't travel, be a tourist in your own city.

clippings

ic strip)

69. Prince (com-

ling attendees

70. Marriage counsel-

Scorpio Oct. 24 - Nov. 22 You will be passionate and intense in the month ahead. Intimate relationships will be hot! Ex-partners are also back on the scene right now. Oops.

Sagittarius Nov. 23 - Dec. 21 Try to get more sleep in the next four weeks because you will be more tired than usual. Study your closest relationships to see how you can improve them.

Capricorn Dec. 22 - Jan. 20 In the month ahead, you will be focused on improving your health as well as improving your overall efficiency and productivity at work and at home. Time to turn over a new leaf.

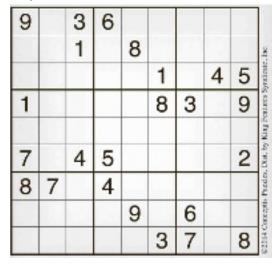
Aquarius Jan. 21 - Feb. 19 You want to play and go on vacation if you can in the month ahead. Romance, love affairs, sports events and social affairs will bring you joy.

)—(Pisces

Feb. 20 - March 20 Home, family and your personal life will be your top priorities in the next four weeks. An interaction with a parent could be significant

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



THE HANDY metr# **POCKET ERSION!** Get the news as it happens

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	3	7	5	2	8	9	4	6	FREE CANT CROCK
9	5	4	3	7	6	2	8	1	ECKO BOER SWINE
8	2	6	1	9	4	5	7	3	HOLLANDALIOC
4	9	3	2	5	1	7	6	8	TOTAL STEET SECTION AT FIRST
2	7	1	6	8	3	4	9	5	
5	6	8	7	4	9	3	1	2	S N S T T I N U T T N N E S
3	1	2	4	8	7	8	5	9	5 C L 1 7 A W 5 7 C L
6	4	9	8	3	5	1	2	7	A CHORDS LIFE
7	8	5	9	1	2	6	3	4	SETAE SALA SEAW
	0	J	3		~	0	0	4	TO Y S E E D A M B A U I



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